

SRI LANKA DENIES SHELLING HOSPITAL, P6

Celebrity pg 18

**Teri two
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Human killings of grizzly bears on the rise: Activists

WILDLIFE Alberta conservationists are concerned about the dwindling population of grizzly bears being killed by humans.

People killed 19 grizzlies last year by way of an accident, self-defence or other means, up from nine in 2007, according to Action Grizzly Bear.

"I think it's an indication of inadequate action taken by the government to reduce grizzly mortality," organization campaigner Carl Morrison said.

In 2008, six grizzlies were destroyed because they were a risk to humans, another six were killed in self-defence, four were killed by accident and others for various reasons. Action Grizzly Bear says there are only 490 grizzlies in Alberta, which is less than half of what it should be. **METRO CALGARY**



Local pg 3

Abortion protesters charged

Comment pg 7

Harper out of favour with Tories?

Health pg 15

The way to a man's heart is his ... armpit?

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NHL **Avs douse Flames**



Colorado Avalanche winger Marek Svatos scores past Calgary Flames goaltender Miikka Kiprusoff for a first period goal in their NHL hockey game in Denver last night. The Flames were defeated 4-3. More coverage, page 13.

Third-party water?

City reportedly exploring private water services provider

KRISTA SYLVESTER
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The City of Calgary is reportedly holding closed-door talks to explore privatizing its water system to have a third party to deliver water services.

According to information obtained by Metro and confirmed by other sources, the city is considering several options for water-service delivery.

The information stated city administration would be directed to seek private company delivery recipients such as EPCOR and/or ATCO Water, the latter of which was formed in Octo-

ber 2008.

Minutes from the city's special strategic planning meeting on Jan. 20 indicate council talked about "servicing arrangements" and "provision of regional utility services."

The meeting was, coincidentally, held in The Water Centre in the Bow River Conference Centre.

Information obtained by Metro states that water and sewer rates could increase by 25 per cent if a third-party provider is chosen.

But according to Scott Hennig of the Canadian Taxpayers Federation, that may not be the case.

"I think it's a good thing for Calgary to explore their

options and get the city out of a business they probably don't need to be in," Hennig said.

Hennig said Calgarians would have to get used to having water meters to measure water consumption. "Bottom line is when they turn on the tap, water will come out and as long as costs don't skyrocket, I don't think anyone will notice a difference," he said.

The head of the Alberta Canadian Union of Public Employees sees a potential switch quite differently.

"I have not seen definite evidence yet that the city is going towards that route, but if they did, we would aggressively oppose it and bring citizens to the alert

of the risks involved," said D'Arcy Lanovaz, president of CUPE Alberta.

Earlier plans

- In 1996, council approved a proposal to make the City of Calgary Electric System a wholly owned subsidiary beginning on Jan. 1, 1998, called ENMAX Corp.

of the risks involved," said D'Arcy Lanovaz, president of CUPE Alberta.

Edmonton currently operates its water services through EPCOR and while the city is the sole stakeholder, it runs the water much like a private business, said Hennig.

EPCOR and ATCO Water were contacted yesterday but did not return calls before press time.

Man found in Ramsay murdered, police say

KRISTA SYLVESTER
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Calgary police have determined that a 77-year-old man found in the Ramsay industrial area over the weekend was murdered.

Rino (Ray) Johnston was found dead on Saturday around 5 p.m. after police were alerted to the body along the 2500 block of Dartmouth Road SE, according to Insp. Guy Slater of the major crimes section.

"It's firmly our belief that this incident is not drug- or gang-related," Slater said, adding the victim died of blunt force trauma, though he wouldn't say if it involved a weapon. Police

are remaining tight-lipped about the investigation, saying they are in the active stages of the investigation.

"I can't speak to anything else at this time," Slater said, adding the family may wish to speak with the media when they are ready.

However, Slater said the victim did live in Calgary, though he didn't live in the area he was found. Slater expects more information to be released this morning.

When police were called in over the weekend they immediately treated the death as suspicious from the start, cordoning off the area where the body was found. Homicide investigators were called in and the forensics unit gathered evidence throughout the weekend.

This is Calgary's sixth homicide of the year.

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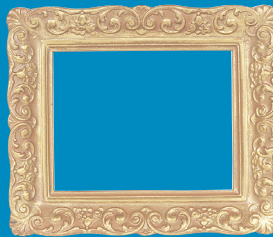
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Trial begins for officers charged in assault of homeless man

An assault trial for two city police officers began yesterday. Const. Dino Izzo and Const. Roland Stewart are each charged with one count of assault causing bodily harm for an alleged incident against a homeless man in 2007. **METRO CALGARY**

Local



Public art contest

The City of Calgary kicked off the Gallery Without Walls Contest yesterday, encouraging citizens to learn more about public art in and around the city. The online contest will last for five months. For more information about the contest, visit www.calgary.ca/publicart. **METRO CALGARY**

[scrubs]
10 Tonight



Citytv



Repairs hold up soccer centre's reopening

SPORTS Despite work on the Calgary Soccer Centre running on time just two weeks ago, work on the dome is again behind schedule.

The Dome, which collapsed in December, is back up; however, there is now a problem with the turf. It's reported the turf has gotten wet and needs to be replaced, and getting it from the manufacturer can take up to eight weeks. **METRO CALGARY**



Your Money Allan Small on opportunities and worries in the banking sector at metronews.ca/investing

Video Students defy odds by making contact with space station for school project at metronews.ca/canada



Pro-life protesters charged

JENNIFER HILLIKER
for Metro Calgary

The University of Calgary used to say the campus pro-life group had a basic human right to protest, but the group's president believes the school is doing an about-face.

Three of the group's members were charged yesterday for trespassing after refusing to take down posters in November comparing abortion to the Holocaust.

Leah Hallman, pro-life group president, said the university had installed a sign stating their group had a right to put up the posters under the Canadian Charter of Rights and Freedoms — only to later remove the sign.

Hallman described a group last year handing out pamphlets with graphic pictures of genocide, ending with a different result.

"When I see that they didn't do anything against



Three University of Calgary students were charged with trespassing after refusing to take down their pro-life posters at the university late last year.

those people that they're doing against us, I can only assume that they university is charging us based on discrimination against our pro-life views," she said.

There are more than 20 cause-oriented campus groups and each expresses

its views on a regular basis, according to the pro-life group's lawyer, John Carpay, and none have faced these charges.

While the university refused to confirm this information for Metro, a U of C campus security member said any peaceful protest is

allowed, and that he knew of no protest bylaws, also confirmed by the U of C Students Union.

The university released a brief statement yesterday that said it tried to find a compromise with the group but has been unsuccessful.

Planning changes may pave way for affordable housing

HOUSING The way Calgary plans communities could soon radically change.

On Thursday, the city's Intergovernmental Affairs Committee will look at putting affordable housing in every new community, as part of a larger effort to house low-income families. In the past, the province has been largely responsible. But Ald. Joe Ceci would like to see the city take over.

"The main issue here is that many people look to our municipality for affordable housing, but we don't have the legislated responsibility to do so," he said. "I would like to see affordable housing at the forefront of everybody's mind when communities get planned."

According to a report, there are more than 71,500 renters and owners who need affordable housing, yet only 13,600 subsidized rental units in the city.

JENNIFER HILLIKER
/ FOR METRO CALGARY

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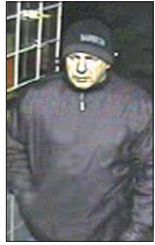
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Police looking for robbery suspect

CRIME City cops are looking for a robbery suspect who allegedly held up OK Dover Liquor store at 6:30 p.m. on Jan. 30. A man produced a handgun and demanded cash before fleeing. He is described as Caucasian, clean shaven, between 35 to 45 years old and a large build.



Suspect

RCMP targeting distracted drivers

SAFETY In an effort to reduce needless province-wide traffic accidents caused by inattentive drivers, the RCMP will be focusing on drivers who multitask behind the wheel. RCMP Insp. James Stiles confirmed that drivers who are caught distracted to the point of becoming a road hazard can face serious fines, which can include mandatory court appearances.

METRO CALGARY

Warming your heart, head

ALICIA FOX
for Metro Calgary

With a \$10 toque, Calgaryans can cover their ears and open their hearts to help Calgary's homeless.

Clad in bright orange vests with matching bags, an army of workers will be roaming downtown selling toques to help Calgary's homeless youth through the 12th annual Raising the Roof's Toque Tuesday campaign.

"Together we can end homelessness," said Tim Richter, president and CEO of Calgary Homeless Foundation.

The funds will benefit the McMan's Youth Homelessness program, which in part aims to house some of the 65,000 homeless youth in Canada.

Last year, the campaign raised \$330,000 across Canada and this year it aims to sell 2,000 toques in Calgary.

"With the proper supports in place, youth can succeed, be housed, and thrive in their communities," said Sherri Breen,



Iskandar Harun, 18, Raising the Roof spokesperson Sherri Breen and Charlene Cripps, 20, all sport a toque in support of the Hats for the Homeless campaign.

outreach specialist with McMan.

Charlene Cripps, who was homeless for a year after her adoptive family couldn't care for her, is one of those success stories.

The now 20-year-old said the hardest part was trying

to find a place to stay during the winter. She is now finishing her GED, caring for her 13-month-old son, Tony, and living in a nice house with her boyfriend.

"I think people really don't understand the homeless," she said.

Toques will be available

downtown 7 to 9 a.m. and 11 a.m. to 1 p.m. between 5th and 9th avenues and between 1st and 6th Street SW. They will also be available inside Bankers Hall, the Petro Canada building and Fifth Avenue Place or in the Calgary Tower until Feb. 28.



Alyssa Hatton, from left, Katie Saunders, Shane Stewart and Ambyr Lindon.

Special athletes get special send-off

OLYMPIANS Four Calgary Special Olympic athletes got a hero's farewell from dozens of friends and family members as they made their way through the departure gate yesterday at the Calgary Airport. Alyssa Hatton, an alpine skier, along with three other athletes, Ambyr Lindon, an alpine skier, Shane Stewart, a cross-country skier, and Katie Saunders, a speed skater, exited followed by a marching band to send them off to a competition in Boise, Idaho.

"It just kinda brings a lump to your throat," said Debbie Hatton, Alyssa's mom.

Alyssa began skiing nine years ago despite having sight in only one eye and limited fine motor skills in her right hand.

ALICIA FOX/METRO CALGARY

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Halifax transit says no to atheist ads

An ad reading "You can be good without God" has proven too controversial for Halifax transit. Humanist Canada wanted to place ads on Metro Transit buses with the slogan, but officials with the transit authority deemed that too controversial. **CBC NEWS ONLINE**

Canada



Six more weeks of cold

The country's most celebrated groundhogs all came to the same sad conclusion yesterday — we're in for six more weeks of winter. Roughly 450 people turned out north of Calgary to witness Balzac Billy be scared by his shadow. Ontario's Wiarton Willie, left, and Nova Scotia's Shubenacadie Sam each saw their shadows as well.

METRO NEWS SERVICES

Massacre movie brings up painful memories

It's at the end of the film, after the killer shoots himself and the blood draining from his head meets with the blood pooling from yet another woman he has killed, that the impact this event has had on society begins to resonate.

The event, the massacre of 14 women by 25-year-old Marc Lépine at the École Polytechnique on Dec. 6, 1989, would turn a population upside down and forever link Lépine's hatred with the pain of the victims' families and the debate about the status of women in Quebec, and the rest of Canada.

Predictably, there has been controversy about its release. On Internet forums and in newspapers,

"I was very scared to go watch it. But they succeeded, I believe." Melissa Blais, student

some wonder why the filmmakers would dredge up such a painful piece of history. Some have complained that the movie's trailers have sensationalized the events.

But those who have seen the \$6-million film's previews say it's highly emotive, not exploitive.

"I was very scared to go watch it," said Melissa Blais, a doctorate student in sociology at the University of Quebec at Montreal who has been studying the massacre since 2004. "But they succeeded, I believe."

The viewer is not spared the violence. The movie shows what even led to some of the actors breaking down during the production, when the killer enters one classroom and allows all the men to leave before he shoots all the "feminists" who remain.

Most of the events in the film are true to real life. Lépine, whose name is never mentioned, murdered the women because he hated "feminists," who, he declared in a letter, "always ruined" his life.

TORSTAR NEWS SERVICE

Olympics Security exercises



A military helicopter hovers over an RCMP officer during a demonstration in Vancouver yesterday. Security officials announced they will spend the next two weeks practising their operations for the 2010 Olympic Winter Games.

News in brief

POLITICS The House of Commons voted 214 to 84 last night in favour of a federal budget amendment that the Liberals had demanded in order for them to support the budget itself, CBC News Online reports.

VANCOUVER A botched university prank to suspend a car from a Vancouver bridge yesterday has left five University of British Columbia engineering students facing criminal charges. There were no injuries, but the students were arrested, with police recommending they be charged with criminal mischief causing more than \$5,000 in damages.

QUEBEC A trial began in Montreal yesterday for Said Namouh, a Quebec man accused of being involved in an international terror plot designed to force the Austrian and German governments to withdraw troops from Afghanistan.

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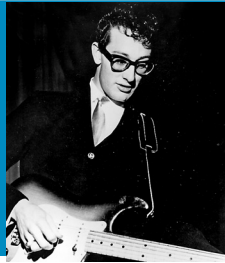
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Mania over U.S. President Barack Obama has reached the catwalks of Rome, where a top haute couture designer showed off a kaftan emblazoned with his face and another dedicated a gown of "hope" to his wife, Michelle. **REUTERS**

World



Fifty years since Holly's death

One snowy night 50 years ago today, Buddy Holly took off on a small plane and died a few minutes later when it crashed in an Iowa field. A tragic icon was born, but so was a half-century of dispute between Holly's family and his record label over unpaid royalties. Both parties have made up to collaborate on a pair of CD sets released last week, which include all of Holly's hits as well as some rare tracks. **REUTERS**

Sri Lanka denies shelling hospital

Artillery shells struck a hospital in Sri Lanka's northern war zone, killing at least nine people and wounding another 20, the Red Cross said yesterday.

The Sri Lankan military denied it had shelled the hospital in a Tamil Tiger-held part of Mullaitivu district and blamed the rebels. The Liberation Tigers of Tamil Eelam made no comment, but a pro-rebel website accused the military.

"At least nine people were killed and at least 20 injured from the continued shelling," said Sarasi Wijerathne, a spokeswoman of the International Committee of the Red

"At least nine people were killed and at least 20 injured from the continued shelling."

Sarasi Wijerathne, Red Cross member

Cross in Colombo.

Sri Lanka's army has surrounded the LTTE in a 300-square-kilometre slice of jungle in the Indian Ocean island's northeast, aiming to end a war that began in 1983 and is one of Asia's longest-running conflicts.

The military, which has vowed to hunt down LTTE

leader Velupillai Prabhakaran, said it had found a luxury house in the Vishvamadhu area which may have been used by the reclusive leader and his family.

Concern has grown for the safety of 250,000 people aid agencies say are trapped inside the battle zone.

The government urged civilians to enter a "safety zone" it had demarcated. "The government cannot be responsible for the safety and security of civilians still living among the LTTE terrorists," Lakshman Hulgalle, of the government's media centre, said in a statement. **REUTERS**

Snow day Europe blanketed



Pedestrians walk past a snow-covered war memorial at Horse Guards Parade in London yesterday. Heavy snow disrupted air and rail travel in Europe, halting flights at Heathrow airport and bringing traffic in London almost to a standstill.

News in brief

WHALING Japan denied accusations by a U.S.-based anti-whaling group yesterday that Japanese whaling ships had used weapons against activists on inflatable boats near Antarctica. The Sea Shepherd Conservation Society said that two crew members were injured when Japanese whalers used water cannons, concussion grenades and acoustic weapons. Despite a commercial whaling ban under a 1986 treaty, Japan continues what it calls a scientific programme that captures around 900 whales a year.

INDIA Suspected Maoist rebels killed 15 policemen Sunday in the western Indian state of Maharashtra, police said yesterday, in one of the biggest such attacks in the state. The rebels fired upon a police team patrolling a forested area near the border of the insurgency-hit Chhattisgarh state, police said. **REUTERS**

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Comment & Views

Comment

The tides have turned

Harper's liberal budget draws backlash from Conservatives

National Report



For the first time as prime minister, Stephen Harper is facing public criticism from within his own flock. His sometimes-strategist Tom Flanagan told interviewer Steve Paikin last week that Mr. Harper has dug himself into a hole, primarily on account of last November's budget update. Monte Solberg, who used to serve in the Harper cabinet, said the PM's budget could lead to long-term deficits and criticized Mr. Harper for not offering the country a vision. Tasha Kheirridin of the Fraser Institute said conserva-

tives feel betrayed by his budget.

For the strong-armed PM who once exerted absolute control, the lustre has worn off. His defenders say he had no choice but to bring in a liberal budget, that his minority would have been defeated if he had done otherwise. That may be true. But the no-choice scenario is one that was largely brought on by Mr. Harper himself.

His strategic budget-statement disaster of November reset the scales in the other side's favour. It resulted in a quick change in the Liberal leadership. Without that change, Liberals would presently be engaged in a divisive leadership fight. Mr. Harper would have had

a free hand with the budget and other measures. It was his own failure to foresee the dismal economic tides (when most everyone else foresaw them) that led to his miscalculation of promising balanced budgets for years to come. He had to completely reverse himself. It was his government's excessive spending in the two years prior that needlessly depleted the big surpluses Ottawa previously enjoyed.

With the trend swinging liberal to the south for the border and edging in that direction here, Mr. Harper realizes he has to start sounding more and more liberal to survive. He has to turn his back on his own hard-woven political philosophy. He can do that. He is a leader driven by power-lust and political calcu-

lations far more than public policy. Hence the Solberg criticism, echoed by many others, on his never having offered the country a vision.

But the problem in such circumstances is that given a choice between a faux liberal in Stephen Harper and a real one in Michael Ignatieff, people will opt for the real one.

The momentum is clearly on Mr. Ignatieff's side. Sensing this, realizing Mr. Harper has already had three electoral kicks at the can, Conservatives are starting to contemplate alternatives. Jim Prentice, Peter MacKay and Jason Kenney are the names most frequently mentioned. There is also a former leader of the federal Tories who is still at large in Quebec. His name is Jean Charest.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



REUTERS

Views

Relief at pumps, but havoc on economy

InBusiness

Charles Davies

Veteran Business Writer

These are hard times in Canada's oil patch. With crude hovering around \$40 a barrel after averaging \$100 through 2008, profits are slumping and belts are tightening. Earlier this week, Suncor Energy Inc., the leading oilsands producer and a bellwether for the energy sector, reported a fourth quarter loss of \$215 million. It promptly whacked planned 2009 capital spending to \$3 billion, less than a third of last year's total.

Canadians who were squeezed by historically

high gasoline prices last year may have little sympathy, but they should. Today's lower pump prices are a relief, but the industry's slowdown has a far greater negative impact on all of us. Lower energy prices, the result of weakening demand as the recession gathers, mean weaker corporate revenues from domestic and export sales and, consequently, lower profitability. This leads to job cuts, reduced purchases from suppliers across the country, less capital-fuelled expansion and trimmed discretionary spending on everything from paper clips to philanthropy. The energy sector's weakness simply diminishes an already struggling economy, rather like bleeding a medieval invalid.

In Alberta, the key producing province, the num-

ber of oil rigs operating this year is the lowest in a decade. The province suffered a net loss of 15,800 jobs in December, nearly half the national total. Not all of those jobs were in the energy sector, but many were, and they generated income for thousands of Canadians who once hailed from locales as diverse as Newfoundland outposts and hamlets on Vancouver Island. Worse still, the energy sector's workforce is expected to shrink a lot more in 2009. Add it all up and energy's contribution to gross domestic product, somewhere around 5.5 per cent normally, is taking a big hit.

Indirectly, the effects are no less severe. Alberta has collected \$11 billion or more in energy royalties in each of the past three years, but it won't in 2009. Nor

will other producing provinces match their previous totals. Provincial gasoline tax revenues, 16.5 per cent of the price of every litre sold, will fall, as will the 15.5 per cent share comprised of federal excise tax and GST. Lower tax revenues in the current climate mean bigger deficits and even harder choices for governments figuring out how to revive the economy.

For good measure, lower energy prices are further eroding our life savings. By weighting, the energy sector accounts for about 28 per cent of the S&P/TSX composite index. When energy shares fall, all investors feel the pain.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

WE'RE ASKING CANADIANS WHAT THEY THINK OF THE NEW YORK TIMES COMPARING MICHAEL IGNATIEFF TO BARACK OBAMA.



MICHAEL DE ADER

Letters

Do as I say, not as I did

I find it rich that Jack Layton and the New Democrats are acting so indignant that Michael Ignatieff is supporting the Conservative budget. It was, after all, their support for Harper back in 2006 that led to the fall of the Martin government, and the institution of the Conservatives in power in the first place. Why is it wrong for Ignatieff to support the Conservatives now, but right for Layton to support them then?

I think Jack Layton knows Canadians will never willingly elect the NDP

to power, so they tried to sneak in through the back door. So when Ignatieff chose stability and sensibility for Canadians, instead of an unpopular coalition, Layton opted to take on the role of a spurned teenager and throw a hissy fit.

Canada needs stability to get through the economic trials that we face, Mr. Layton. We don't need your brand of childish antics trying to convince us that you, somehow, know better than the 82 per cent of Canadians who voted against your party during the last election.

BRIAN APPEL, DARTMOUTH, N.S.

Quote of the Day

"We come in peace ... History shows harmony will not be obstructed by any force, so would you let me continue."

— Chinese Prime Minister Wen Jiabao after a protester threw a shoe at him and called him a dictator as he delivered a speech at the University of Cambridge in Britain. REUTERS

Metro Online Poll Results

45% SAID YES

Did you watch the Super Bowl?

Weigh in on today's question at metronews.ca

55% SAID NO

It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Baby boomers are set to take over the fitness industry, as the 77.5-million-strong market will increase by about 25 per cent in the next eight years. The group is expected to spend more than \$70 billion US on ways to stave off the aging process. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Protectionism equals 'economic death': Fed

ECONOMY Dallas Federal Reserve president Richard Fisher warned yesterday against "Buy America" provisions in U.S. President Barack Obama's proposed \$819-billion US stimulus law, and said it could lead to devastating protectionism.

"Protectionism is the crack cocaine of economics," Fisher told C-Span television. "It provides an immediate high that leads to economic death. We cannot afford to go down that route."

In addition to avoiding language that will antagonize trade partners, Fisher also urged Congress to balance the immediate need to stimulate growth with the long-term consequences of piling on debt that could be a drag for

"Protectionism is the crack cocaine of economics. It provides an immediate high that leads to economic death."

Richard Fisher

years to come.

The Fed has cut interest rates almost to zero and taken other steps to ease credit market conditions and encourage borrowing and consumption.

To achieve this, it has pumped hundreds of billions of dollars into the financial system, more than doubling its balance sheet in the process, to almost \$2 trillion US. **REUTERS**

Bank CEOs take pay cuts

The top executives at three of Canada's biggest banks are taking deep pay cuts after the financial crisis eroded profits and battered stocks.

Royal Bank of Canada's chief executive officer Gordon Nixon announced yesterday that he is voluntarily turning down nearly \$5 million in 2008 compensation. His counterpart at the

Bank earnings

- Royal Bank's full-year profits sank by 17 per cent to \$4.56 billion.
- Scotiabank's 2008 annual profits dropped to \$3.14 billion from \$4.05 billion.

Bank of Nova Scotia, Richard Waugh, saw his pay

package slashed by 20 per cent to \$7.5 million from \$10.1 million last year.

Hours later, Bank of Montreal's CEO William Downe also decided to give up \$4.1 million in rewards.

Those rare moves are coming at a time when some shareholders are pushing for a say on executive compensation, while taxpayers ratchet up their

scrutiny of the issue after Ottawa committed billions to shore up lending in last week's federal budget.

Ian de Verteuil, an analyst with BMO Capital Markets, said in a note that the move gives RBC added credibility, as Nixon "intends to share in the 'pain' experienced by the bank's stakeholders."

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Toronto, Edmonton, Calgary, Vancouver, CMA 18+

Indonesia Smoking ban ignites debate



Workers roll cigarettes at a factory in Sidoarjo, East Java province, yesterday. The company said the production of cigarettes has decreased after Indonesia's Ulema Council issued a fatwa prohibiting smoking in public places and by pregnant women and children — a move welcomed by campaigners but criticized as interference in private lives by smokers and the tobacco industry.

Maple Leaf reaches \$25M settlement

LEGAL Maple Leaf Foods said yesterday it has reached a tentative \$25-million settlement in a series of class-action lawsuits related to an outbreak of listeriosis.

The proposed settlement still requires court approval in Saskatchewan, Quebec and Ontario.

The amount each claimant will receive depends upon the severity of their illness, ranging from \$750 for minor symptoms up to \$125,000 for serious and long-lasting physical injuries.

The estates of people who died will be paid \$120,000, plus additional amounts to immediate family members. **REUTERS**

Canwest faces credit crunch Iraqi oilfields await revival

LENDING Canwest Global Communications Corp. said yesterday that the slumping economy could force Canwest Media, its newspaper and TV unit, to breach some debt covenants in the next several weeks as its banks cut the amount of money they are willing to lend.

In Toronto, Canwest shares fell five cents to 48 cents on the news.

Canwest first warned last month it might not be

able to comply with its financial leverage covenants in fiscal 2009, blaming "deterioration in the Canadian economy." **REUTERS**

Credit changes

- Until Feb. 27, Canwest Media will be able to access just \$20 million on top of the \$92 million it's been advanced on its \$300 million credit facility.

ENERGY Next to a pipeline snaking across a desert in Iraq's south, villas built to house an expected influx of foreign oil workers stand empty.

Nearby, a faded plaque in Russian and Arabic commemorates the opening of a pumping station in 1972, a reminder of the foreign ties that helped Iraq develop its oil industry.

Iraq, which sits on an estimated 115 billion barrels of oil, has opened its vast

oil and gas reserves to international bidding, but a lack of security, rigid bureaucracy and the absence of a legal framework is still deterring the investment Iraq needs to update its decaying oil infrastructure.

Still, foreign firms taking tentative steps back in. The Chinese National Petroleum Company, Royal Dutch Shell Plc and Weatherford International have all inked deals for oil and gas projects. **REUTERS**

Business in brief

PONZI The Internet offered early warning signs of a Ponzi scheme that cost investors more than \$370 million US. Some investors warned on message boards of Nicholas Cosmo, head of a New York investment firm, who was arrested this week for fraud. **REUTERS**

CREDIT Canadian Tire, one of Canada's largest retailers, is tightening up key conditions in the agreement covering its five million credit cardholders, including raising the rate of interest on overdue payments to 19.5 per cent from 18.9 per cent. **TORSTAR NEWS SERVICE**

STRIKE Up to 900 workers at the Sellafield nuclear processing plant in Britain walked out yesterday, joining widening protests over the use of foreign workers at a time when Britain is in recession and the unemployment rate is six per cent and rising. **REUTERS**



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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Catching a tax break



A week ago, the federal government unveiled the long awaited 2009 budget. Last year, with the introduction of the Tax Free Savings Account, the government was all about encouraging us to save — this year's message, however, is the opposite.

But before you run out and spend, spend, spend, read on to learn more about what this year's budget means to your bottom line.

With \$40 billion in economic stimulus over the next two years, Canadians will now have more money in their pockets.

Tax breaks are being introduced across the board: The largest ones for Canadians who have the least, including low-income families and seniors. And for many Canadian families who have or will experience layoffs, the government has added an extra five weeks to the number of weeks an individual can receive in employment insurance and \$1.5 billion is also being injected into job retraining programs.

The government estimates that 190,000 jobs will be created or saved, and the economy will grow by one per cent over the next two years, because of these and other initiatives.

We've also seen incentives for higher income families, which along with the aforementioned income tax breaks, include credits such as the home renovation tax credit. This



Last year, with the introduction of the Tax Free Savings Account, the government was all about encouraging us to save — this year's message, however, is the opposite.

Although it might help the economy if you go out and shop, renovate or purchase property, it's not going to advance you personally unless you can truly afford it.

year, a \$1,350 credit is being offered to those who spend between \$1,000 and \$10,000 on home improvements.

Although we have seen dips in the real estate market, Smart Cookies still feel that real estate is one of the best investments you can make (provided you have the money for the down payment, can cover the monthly expenses and plan to stay in your home for at

least three to five years).

This is why we are impressed to hear about incentives for first time homebuyers. The proposed budget includes a new first time homebuyers tax credit of \$750 and an increase of \$5,000 on what you can borrow from your RRSP for your down payment (taking to total up to \$25,000).

What does all this mean to you? At the end of the day, a small tax credit is not going to make that much of a difference to your bottom line.

While it is great that Canadians will have more money in their pockets, we still have to be cautious as to where we are spending our money. Although it might help the economy if you go out and shop, renovate or purchase property, it's not going to advance you personally unless you can truly afford it.

Check out Smart Cookies on W Network, Mondays at 10:30 p.m. and visit smartcookies.com for more information on creating a spending plan, cutting debt and keeping your credit score high.

If you have questions or suggestions for the Smart Cookies, we'd love to hear them. E-mail us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

What opportunities are out there for investors? Read this week's column at metronews.ca



Apply online: www.icicibank.ca

Tax treats for homebuyers

Q Over the past four years, my wife and I have contributed to our RRSPs. Soon, we plan to purchase our first home. Is this a good time to buy or should we wait another year or two? Can we withdraw the maximum \$20,000 under the Home Buyer's Plan?

Sondeep

A If you plan to live in the home, real estate will always be a good investment. Our federal government has made several initiatives to encourage this:

- New-increase! The RRSP Home Buyers Plan withdrawal limits per individual have increased to \$25,000 from \$20,000, effective Jan. 27, 2009.
- New-tax credit! After Jan.

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

27, 2009, homebuyers that have not owned a home in the current year or four preceding years may qualify for a \$5,000 non-refundable tax credit.

- New-Ontario Senior Homeowners' Property Tax Grant! Senior homeowners can apply for \$250 grant in 2009 and \$500 in 2010 when filing their current income tax return.

There's more available: Check with a tax adviser.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.

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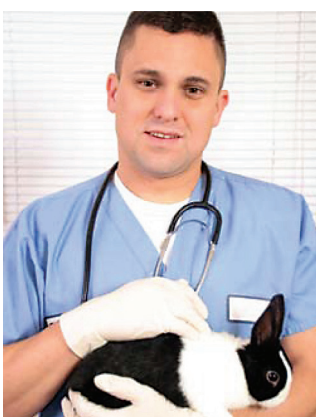
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RRSP Guide

'Don't lose twice'

"We are at or very near the point of maximum pessimism on the markets. It's time to be opportunistic," said Don Reed, president and CEO of Franklin Templeton Investments Corp. "Conditions are ideal to re-invest: Stocks are cheap and the markets are choppy. Investors lost when markets fell. Don't lose twice — be sure to act now before the recovery takes hold."

NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



Small investments over a long period of time make a big difference, financial advisers say.

Invest while market is low

Now's the best time to do it, advisers say

ERIC EMIN WOOD
for Metro Canada



Despite the recent economic downturn, now is the time to open or invest in a registered retirement savings plan (RRSP); it is not the time to walk away, experts say.

"When the market is booming, we're investing like crazy," says Judy Thomson, director of BMO retail investments. "When the market is where it is today, we're terrified."

Such investment psychology is flawed, Thomson says.

"You don't want to just take advantage of investing when it's up, you want to take advantage of investing when it's down and getting back up," she says.

An RRSP is like a basket, says Lee Anne Davies, head of advanced retirement strategies with RBC. "You can have different types of investments in this basket, including mutual funds, GICs, stocks, bonds or cash," she says. Not every

item in the basket has been affected the same way.

"We recognize how stressful this time period is for many," says Davies. She encourages both veteran and potential investors to visit their bank's local branch and meet with a professional financial adviser, who can help them assess (or reassess) their goals and investments.

"Do your investments reflect your risk tolerance, goals and time horizon (number of years before you retire)? If so, there may not be a need to change anything."

Fifty per cent of Canadians haven't seen an adviser at all, says Thomson — even though it's free. "They'll spend more time planning their exercise routine, or a vacation, than thinking about their retirement," she says.

Thomson offers readers this sample plan: A 25-year-old who deposits \$100 into an RRSP, she says, followed by \$25 per week afterward, will have earned more than \$380,000 when they turn

"Take advantage of investing when (the market is) down and getting back up." Judy Thomson

65. (These calculations are made using an average market return of eight per cent over the long term.) An investment of \$50 per week leads to more than \$765,000, while \$100 per week becomes a little more than \$1.5 million.

"We need to get people away from thinking, 'I've got to make such a huge investment!' to 'Small amounts of money over a long period of time make a huge difference,'" says Thomson.

The most important thing is for Canadians to continue moving toward their goals, says Davies. "Retirement's still going to happen," she says. "We know from history that markets come back, so keep investing, and get into the habit of saving on a regular basis."

Most Canadians lack financial plan: Survey

BRIAN TOWIE
brian.towie@metronews.ca



Not even an economic downturn will convince Canadians to save for safety's sake, a survey from Bank of Montreal suggests.

The first of three national reports on spending and saving, which BMO conducted in December and published mid-January, says nearly seven out of 10 respondents admitted they do not have a financial plan in place, and more than 40 per cent of Canadians don't have any type of emergency savings set aside should their financial circumstances suddenly change.

But perhaps the most hackle-raising conclusion of all was that 80 per cent

felt the economic downturn is not enough of an incentive to create a financial plan, says Judy Thomson, director of retail investments at BMO.

"Really, what does it take for people to know they need to have some kind of plan in place?" she said. "You'd have to be living in a cave somewhere not to have an understanding of the urgency that's going on in the market today. And these are recent findings, taken after the economy really started to hit people. It certainly surprises me."

"People have no idea of their cash flow — how much they're bringing in, how much they're spending. If they found themselves in an emergency, where would they go?"

"We spend more time thinking about our vacations than we do thinking about our retirement."

Judy Thomson

There's a certain mindset that keeps Canadians from properly saving and investing, says Thomson. Those without savings plans assume they only exist for the wealthy, and the perilous habit of "get it now and pay for it later" dies hard.

"I think if you read everything about this downturn, it's that attitude that got us into this situation. You can see that across the border when it comes to housing," she said.

"We're avoiding dealing with it and the fact that so many are without a basic financial plan proves

the point."

However, the report did make its brighter points despite all the doom and gloom.

Of those with RRSPs, the survey found Canadians felt they needed to exercise more caution. Nearly 70 per cent of Canadians with RRSPs say they will not need to withdraw from it to meet their financial needs, and 60 per cent say they'll contribute as much this year as they have before.

Thirty-eight per cent, however, say they don't plan to contribute this year, believing they'll need the money to get



Canadians should be putting money away toward their nest egg because retirement isn't as far away as they think, experts say.

themselves through the tough times — a state of affairs that would be more easily weathered, Thomson says, if Canadians looked for help.

"We spend more time thinking about our vacations than we do thinking about our retirement. It seems so far away, and so

complicated. It's not," she said. "You can go into a bank and get free advice from the most basic to the most complex. Dealing with an investment professional helps you understand what you're buying and establish a financial knowledge of what you already have."

Maximize your contribution

Taking out an RRSP loan can, in many circumstances, be a smart way to maximize this year's contribution or to catch up on your past contributions. The key is to get a loan at a low-interest rate and pay it back as quickly as possible. You can even use your RRSP tax savings to help pay off the loan. **NEWS CANADA**

rrsp guide 11

Tax-free savings account has something for everyone

RAFAEL BRUSILOV
for Metro Canada



Tax-free savings — the idea sounds almost too good to be true, but it isn't. As of Jan. 1, all Canadians have had access to the new tax-free savings account (TFSA), but how does it work?

Tom Hamza, president of the Investor Education Fund, a non-profit organization that promotes financial literacy across Canada, says the TFSA is meant to be a versatile partner to your RRSP, which allows you to save and take money out when you need it, tax free.

Other details about the TFSA include:

- Any Canadian over the age of 18 can open a TFSA and deposit up to \$5,000 yearly into the account, regardless of your income level. RRSP contribution limits are tied to income.
- Your contribution limit grows by \$5,000 yearly re-

gardless of whether you put money into it.

- Money you earn in your TFSA doesn't count against you if you receive a government income supplement.

"This is a way to save some money and shelter the tax as the money grows," said Lee Anne Davies, head of advanced

retirement strategies at RBC.

However, Davies points out that while money inside a TFSA is not taxed, the money you contribute to a TFSA is still taxable as part of your income. RRSP money, on the other hand, is tax refundable upon contribution and only gets

taxed when you retire.

Hamza suggests that rather than trying to choose between a TFSA and an RRSP, use both to their full advantage.

"Anything you can do to keep money in your pocket instead of giving it to the tax person is a good thing," Hamza said.

Pay yourself first: Adviser

JON TATTIE
for Metro Canada



Investing in your RRSP is generally a safe bet, but should you put in a little bit every month, or deposit a lump sum ahead of the March 2 deadline?

"That type of conversation is something that we have with quite a few of our clients," says Lee Anne Davies, head of advanced retirement strategies at the Royal Bank of Canada. "One of the things we're always interested in talking about is getting into the habit of paying yourself first."

Before you pay a salesman to give you a television, or pay a chef to make you a restaurant meal, pay yourself by socking a portion of your earnings into an RRSP. Most banks have systems set up where you can have a set amount of money automatically transferred from your savings account into your RRSP.

In the current volatile market, Davies says regular RRSP investing gives you the advantage of "dollar-cost averaging." You can buy more when it's down, and when it's up, you buy less but receive the advantage of the growth on your investments.

There are situations in which a lump-sum deposit makes sense, Davies says. She notes many people receive annual bonuses from their employer, or get paid on commission.

"It's also human nature — that tendency to want to procrastinate. That's where a professional adviser is helpful," she says. An adviser can give you solid advice and act as a financial coach, encouraging you to contribute early and build toward long-term goals.

Davies says the question of how much you should put away depends on each person. "It comes down to your life stages, what's happening within your own family. People have all sorts of obligations, especially if they're in young families."

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Follow these RRSP dos and don'ts to maximize your savings

Contributing to your RRSP means tax-deferred savings today for money needed tomorrow. Even in tough economic times, you can maximize your savings with these dos and don'ts from TD Waterhouse:

• **DON'T** delay in starting to contribute to your RRSP. Put away as much as you can afford, as soon as you can. Even modest, regular contributions can build over the years into a significant retirement nest egg.

• **DO** maximize your contribution. Your annual RRSP contribution can greatly reduce the amount of income tax you pay in that year and the money you put away can have years of tax-deferred growth potential.

If you are worried you do not have enough money to make your maximum contribution this year, consider borrowing money to contribute to your RRSP and then paying back your loan with your tax-refund.

• **DO** speak with an expert to get advice.

• **DO** contribute to a spousal RRSP. Spousal plans can be set up to split income for the purpose of saving on taxes in the retirement years. The purpose of a spousal

RRSP is to shift RRSP assets to the lower income earner, so that at retirement the income from the plan is taxed at a lower marginal rate, resulting in tax savings.

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Super Bowl XLIII second-most watch game ever

The Pittsburgh Steelers' Super Bowl victory over the Arizona Cardinals drew more than 95 million U.S. television viewers Sunday, down slightly from 2008's big game, but still the second-most watched National Football League championship ever. **REUTERS**



Selig rakes in nearly \$17.5M

Baseball commissioner Bud Selig, left, made more than all but three of his sport's players in 2007. Selig received a raise of about \$3 million US to nearly \$17.5 million that year, according to Major League Baseball's latest tax return. His compensation was listed at \$17,470,491 for the 12 months that ended Oct. 31, 2007, according to the return, which is available at guidestar.org. That was up from \$14,515,071 in the previous 12 months. **METRO NEWS SERVICES**

Sports

SPORTS@METRONEWS.CA

Svatos leads Avs past Flames

Forward scores a pair to end Calgary's three-game winning streak

NHL RESULTS

Colorado 4 Calgary 3



LAURENCE HEINEN
for Metro Calgary

THE SKINNY: Marek Svatos scored twice and had an assist as the Avalanche edged the Flames to end Calgary's three-game winning streak.

THE QUOTE: "We gave up a few too many chances and they took advantage," Calgary defenceman Mark Giordano told Sportsnet after the setback. "In the second period they got three goals and that was the difference."

THE FURIOUS FINISH: With Miikka Kiprusoff on the bench for an extra attacker, the Flames threw everything they had at Colorado netminder Peter Budaj, but couldn't get one past him to force overtime. Budaj finished the game with 36 saves to record the win, while



Calgary Flames winger Rene Bourque, right, gets the puck past Colorado Avalanche goaltender Peter Budaj for a first-period goal in last night's game in Denver. The Avalanche defeated the Flames 4-3.

Kiprusoff stopped 38 of 42 shots at the other end.

THE STREAKS: Adrian Aucoin scored for the Flames to give him points in seven straight games, a career high. Meanwhile, Michael Cammal-

leri was kept off the scoresheet to end his point-scoring streak at eight games.

THE SNIPER: Jarome Iginla scored in the second period to reach the 20-goal plateau for the 10th straight season and the

11th time in his 12-year career.

THE MILESTONES: With his first-period goal, Rene Bourque set a new career high for goals with 17. Veteran referee Kerry Fraser worked the game for his

1,800th career assignment.

THE NEXT GAME: The Flames don't have much time to recover from facing the Avalanche as they immediately travel to face the Stars in Dallas tonight.

Senators axe head coach Hartsburg

TIM WIECLAWSKI
Metro Canada

NHL With 34 games left in the season and the team wallowing near the bottom of the league standings, the Ottawa Senators have fired head coach Craig Hartsburg.

Cory Clouston, 39, head coach of the Sens' AHL affiliate in Binghamton, will step behind the bench for the remainder of the season. Senators' general manager Bryan Murray said he made the switch because he felt the team had not been making any progress in the last few games, particularly after Sunday's loss to Washington.



Cory Clouston

"He understood," Murray said about his conversation with Craig Hartsburg. "He was apologetic a little bit in that he didn't get the team to play the way he thought he could when he came here."

Can someone show me a real sports scandal?

YorkReport

Marty York

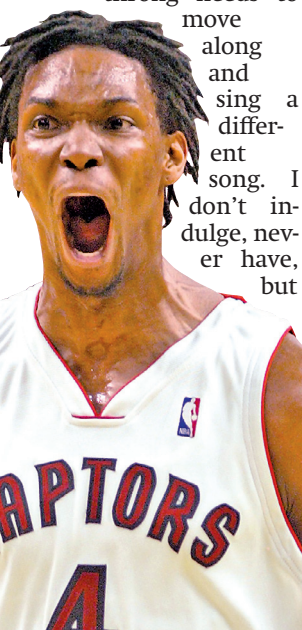
marty.york@metronews.ca

After three-plus decades in this racket (yes, I joined the media as a tot), I've learned to appreciate a good scandal as much as the next guy. OK, probably more.

But I'd like to think there should be a wee bit of substance to what babbling bloggers and television's talking twerps try to pass off these days as salacious scandals.

Sorry, but Jessica Simpson adding a few pounds does not merit

mountains of copy and hours of bafflegab in the electronic media. It doesn't qualify as a legitimate scandal and neither, frankly, does Michael Phelps smoking pot. This is 2009, for crying out loud. Truth is, his bong may have been wrong, but the media throng needs to move along and sing a different song. I don't indulge, never have, but



Jays to add Millar?

• Sources tell Metro sports columnist Marty York that: A) The Super Bowl champion Pittsburgh Steelers are about to sign Edmonton Eskimos of-

fensive lineman Patrick Kabongo, and B) Veteran first baseman Kevin Millar likely will accept a minor-league contract offer from the Blue Jays.

you needn't be a pothead to realize smoking weed is no longer a dastardly deed. And Phelps' reputation as the most dominant swimmer in history isn't — and shouldn't be — damaged or tarnished.

Then there's Joe Torre's new book, *The Yankee Years*, which was supposed to be laden with 475 pages of scandals.

Puh-lease. Torre's lineup cards have contained more controversial writing than his book does. The book's a decent read, but nowhere near as steamy as advance coverage pretended. Granted, the ex-Yankees-turned-Dodgers manag-

er fires a few not-so-vicious zings at Alex Rodriguez, David Wells, George Steinbrenner and Yanks general manager Brian Cashman — and there are suggestions that ex-Blue Jays pitchers used amphetamines — but Torre's main message is that the Yanks have evolved from a team built upon draft choices and shrewd trades into one relying on high-priced free agents and neglecting its farm system. There are few revealing passages in *The Yankee Years* and, in reality, the book is devoid of genuine scandals.

U.S. sports journalist Stephen A. Smith tried to come up with one yesterday about the Raptors' all-

star, Chris Bosh. Problem was, it wasn't accurate, always a prerequisite for a good scandal.

Smith claimed Bosh told Raptors management that he has no intention of staying with Toronto when his contract expires after the NBA's 2009-2010 season. Bosh, however, insisted he hasn't even thought about 2010 yet.

Ultimately, he may well follow in the footsteps of ex-Raptors stars Vince Carter, Tracy McGrady, Antonio Davis and others by bolting, but there's nothing to suggest this yet and so, sorry, but the Bosh story is no more scandalous than Torre's book or Phelps' pastime. Or Simpson's weight.

Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of divulging genuine scandals.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

NHL Los Angeles Kings defenceman Denis Gauthier has been suspended five games, without pay, for a blow to the head of Montreal's Josh Gorges in a game this past Saturday.

NHL Pittsburgh Penguins forward Tyler Kennedy has been suspended for one game by the NHL for an altercation in the team's game Saturday against Toronto.

MLB The New York Mets have reportedly agreed to a three-year contract with left-handed pitcher Oliver Perez. According to the New York Post, the deal is worth \$36 million US.

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Give lips maximum hydration

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Tummy tucks on the rise

Remnants of obesity have surgeries soaring

She was a big baby. In the picture it is 1953 and her older sister Shirley is straining to hold a beaming Ruth Mathews up for the camera.

As the years unfold in her photo album, Mathews' size grows progressively larger. Then alarming.

In a 2004 shot, at age 51, Mathews is a morbidly obese diabetic and a mostly miserable 354 pounds.

Then comes the great reversal. By dint of diet, exercise and the will to eschew pizza in particular, the 5-foot-6 school bus

driver shrinks to 169 pounds.

But like the growing number of morbidly obese people now losing enormous amounts of weight, mostly through stomach stapling surgeries, Mathews had a problem. As all that fat disappeared, the skin that held it all did not.

"I had all this skin that would flop around when I

walked," says Mathews, the mother of two grown children. "You sort of tuck

it into your pants, but it's still there. Imagine losing all the weight and having to be stuck with all that skin."

These remnants of obesity — known medically as cutis pleonasmus — have sent "tummy tuck" surgeries skyrocketing.

"It's been a six-fold increase in the past five

"I had all this skin that would flop around when I walked... Imagine losing all the weight and having to be stuck with all that skin."

Ruth Mathews



In the U.S., tummy tucks increased by 137 per cent between 2000 and 2007. The Canadian Society of Plastic Surgeons says U.S. data likely reflects the Canadian situation.

years," Dr. Michael Kreidstein says of the number he now performs at The Scarborough Hospital in Ontario.

The Canadian Society of Plastic Surgeons does not keep statistics on the type and number of operations its 400 members perform, but society executive director Karyn Wagner says U.S. data likely reflects the Canadian situation.

In the U.S., tummy tucks increased by 137 per cent between 2000 and 2007, when the number reached 148,000. Wagner concludes about 15,000 were performed in this country that year.

Bariatric surgeries (known as gastric bypasses or stomach stapling), which segment or bypass large portions of the stomach, are growing as a main-

stream tool to reverse morbid obesity. Last year, a major study pegged these operations as a potential cure for weight-related Type 2 diabetes.

During the procedure, the excess skin is lifted from underlying muscle tissue — on rare occasions with the help of a mini-crane that hangs over the operating table.

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Women notice bad 'dos

CELIA MILNE
for Metro Canada

OK guys. What part of you do you think women notice first?

Duh! Your hair, of course! A recent study by AXE in the U.S. reveals that 74 per cent of women notice hair as the number one feature when looking at a guy. But men have their heads in the sand. Only 29 per cent of guys think that hair is an important factor in attracting women.

The survey, which polled 2,000 American women, found all kinds of ways bad hair may be leaving guys stranded:

- Almost half (44 per cent) of female respondents are unlikely to date a guy with bad hair.

- 62 per cent of women are unlikely to take a guy with a bad coiff home at the end of the evening.

- 62 per cent of women find dirty or greasy hair repulsive.

- 43 per cent of women surveyed strongly agree that hard, crusty, over-gelled hair can be a real turn-off.

Why do guys have bad hair? Sixty-

three per cent of women attribute it to laziness.

AXE sells many hair products for guys: shampoo, conditioner, paste, putty, pomade and cream, but not gel. Why? "Because a lot of guys use it — and the results are definitely not girl-approved!" says an AXE statement. The gelmet is dead!

When trying to impress women, men need to pay more attention to their coiff, reveals a new survey. Sixty-two per cent of women say a bad 'do can prevent them from going home with him.



ISTOCK PHOTO

health & beauty 15

Love is all in a smell

Can you identify your partner's armpit odour?

The J Spot



Josey Vogels

Sex talk with Josey

According to new research published in the Journal of Hormones and Behaviour, the more in love you are with your guy, the better the chances you'll pick his smelly armpit out of a crowd.

The research involved having women sniff the T-shirts of boyfriends, male friends and strangers who had been wearing them for a week. Women in love were able to pick out their boyfriend's body odour 5.2 out of seven tries.

The researchers call it the "deflection theory," and argue that the more in love you are with your guy, the less likely you'll identify with the body odour of a male friend or stranger and be tempted to stray.

This isn't the first research on the role smell plays in attraction. American scientist Jim Kohl has been sniffing around the relationship between sex and smells for well over a decade. He says you could like everything about someone but if you don't like the way they smell, forget it. Especially if he or she smells like someone you've turned up your nose at in the past.

"In reality," says Kohl, "we make the odour association first and the visual association thereafter." Blame it on TV — we've become a visual society, plus the fact that walking up to someone and taking a big whiff might be considered a tad impolite.

Researchers at the Smell



Recent research shows women in love were able to pick out their boyfriend's body odour (off a T-shirt) 5.2 out of seven tries.

and Taste Treatment and Research Foundation in Chicago did a study years ago that revealed that 90 per cent of patients who had lost their sense of smell as a result of head trauma had sexual dysfunction.

They then decided to test floral and perfume smells on men to see how different odours might affect sexual response. One researcher threw in a fake cinnamon bun smell for fun and surprisingly, it got the most, er, enthusiastic response. They decided to test a whole slew of food odours and discovered that most food smells tested increased penile blood flow.

But, before you go spreading cinnamon toast all over your body girls, considering the guys in the study got most turned on by pumpkin pie, re-

searchers admit it could just be a case of feel-good nostalgia.

Kohl agrees that a big part of smell response goes back to memory and learned associations. He calls this "olfactory imprinting" and likens it to visual imprinting for a duck.

"If the first thing a baby duck sees is its mother, it will follow her around. If it sees a basketball, it'll follow that. Same with olfactory imprinting."

Following this logic, if you like the smell some guy leaves on your pillow, and you'll probably start following him around, too.

her around. If it sees a basketball, it'll follow that. Same with olfactory imprinting."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

"The more in love you are with your guy, the less likely you'll identify with the body odour of a male friend or stranger and be tempted to stray."

Hyperactivity makes quitting harder

CELIA MILNE
for Metro Canada

STUDY Smokers with ADHD may find it harder to quit smoking. Researchers at Columbia University Medical Center in New York found in a study that people who have hyperactivity and impulsivity — two of the traits associated with attention deficit hyperactivity disorder (ADHD) — were less likely to successfully quit smoking than those without

these traits.

The study involved 583 adult smokers, of whom 43 had ADHD. During the eight weeks of the study, participants were treated with Zyban (a drug that aids in smoking cessation), as well as the nicotine patch and cessation counselling.

After eight weeks, those with elevated hyperactivity and impulsivity showed lower quit rates. Inattention, another trait involved in ADHD, was not a factor in success rates.



Hyperactivity and impulsivity can make it more difficult to successfully quit smoking says a recent New York study.

The first step to a healthy weight loss

Part 9

Your Liver, Your Friend...

Your liver is a veritable warehouse...

The liver plays a part in transforming a large number of substances, including vitamin B12, iron, copper and glucose. It then stores these substances so that they can be released as needed.

The liver and the gall bladder... Are they the same or not?

In actual fact, the liver produces the bile which, as you will recall, helps with digestion and with the destruction of toxic substances. This bile is then directed to the gall bladder and duodenum.

When people say that they have had a liver operation, what they have most often undergone is a cholecystectomy, i.e., removal of the gall bladder.

Liver diseases:

Cirrhosis is certainly the best known liver disease. It is associated with alcohol consumption but, in reality, we should say with wine because, as far as I know, hard liquor sales have declined drastically in favour of wine. Other liver diseases are hepatitis A, B and C, cancer, gallstones, etc.

The liver and obesity:

When a person is overweight, there is an inescapable increase in the number of fat cells that slowly but surely accumulate in the liver.

As a result, the liver becomes vulnerable to many kinds of attacks.

Symptoms related to liver diseases:

These symptoms include fatigue, loss of appetite, muscle and joint pains and erectile difficulties in men. If the situation worsens, other symptoms may also appear, such as jaundice, increased bruising, blood in the stool, etc.

To be continued on February 5th...

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Lindsay Lohan knows that you don't get anything if you don't ask for it. The troubled starlet was apparently denied a first-class seat on an overbooked flight out of Tampa, Fla., over the weekend, so she threw a tantrum, according to Fox News. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Joint bash

Ellen DeGeneres, left, and Portia de Rossi celebrated their birthdays with a joint bash Saturday, reports say. DeGeneres turned 51 on Jan. 26 and de Rossi 36 on Jan. 31.

PEOPLE.COM



Panda sweeps Annies

AWARDS Kung Fu Panda pulled out all its martial arts moves at the 36th annual Annie Awards, where it was named best animated feature.

The DreamWorks Animation feature dominated Friday's awards ceremony at UCLA's Royce Hall in Los Angeles, presented by ASI-FA-Hollywood, the Los Angeles chapter of the International Animated Film Society.

Panda won the top prize over such other nominees as the critical favourites WALL-E and Waltz With Bashir and swept the feature film categories with 10 trophies, topping Pixar's Ratatouille run last year, when it earned nine Annies, including best feature.

The Panda awards parade to the winner's podium continued throughout the evening.

It included a directing award for John Stevenson and Mark Osborne, writing honours for Jonathan Aibel and Glenn Berger, animated effects for Le-Ming Lawrence Lee, character animation for James Baxter and storyboarding for Jen Yuh Nelson.

Dustin Hoffman, who plays kung fu master Shifu in Panda, earned the award for voice acting in a feature film.

Nico Marlet took home an award for character design for Panda. **REUTERS**

Fanning finds her voice

STEVE GOW
for Metro Canada



When you meet Dakota Fanning, the first thing that hits you is simply how girly-but-poised the 14-year-old actress is.

One could be mistaken for thinking that's a result of growing up alongside pros like Denzel Washington and Tom Cruise, but the truth is young Fanning had that demeanour right from the start.

Still, with seven years of movie making now behind her, there is one aspect of celebrity that has eluded Fanning — the inane personal fascination with fame.

"From the very first interview I ever did, I've been asked, 'Do I have any friends?'" said Fanning during a recent interview in Los Angeles. "When I was younger, I was like, 'What does that mean? Of course I have friends'.

"I've always been confused by that question because I really want to ask,



"Do you really think that I don't have any friends?"

For the record, she does. And while Fanning has been busy with two new movies that hit theatres this Friday — the thriller Push and the stunning animated hit Coraline — Fanning still makes time for pals at private school and cheerleading camp. It may be a double-life but one that's hard-pressed to split

On the web

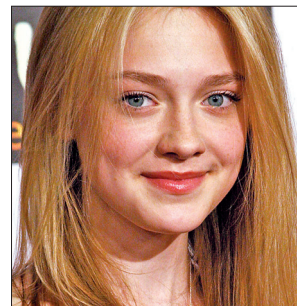
For more Dakota Fanning news, read the Famous People Are Weird blog at metronews.ca.

her personality.

"She was nine years old (when we first met about Coraline)," said the film's director, Henry Selick. "She was like pulling her hair

and being a little girl but telling me in this incredibly intelligent way why she should be Coraline and what she loves about the book and I was just super impressed."

Following the stop-motion animated style of his hit The Nightmare Before Christmas, Selick brings to life the thrilling story of a bored, young tomboy who finds a mystical secret door



Actress Dakota Fanning, above, lends her voice to the lead character, in the animated film Coraline, left.

to a dark, alternate version of her life where everyone has buttons for eyes.

Fanning was such a fan of the popular Neil Gaiman novel, she dedicated five years to voicing the lead character.

"I just loved (the character's) curiosity and admired her bravery and she's so adventurous; I think you kind of have to be (adventurous) to do what I do, the places I go and the things I try out," said Fanning. "I don't know if I'm adventurous in the way she is (but) I'm definitely more girly."

New drama for The Fray

BRIAN TOWIE
Metro Canada



The Fray is trying to prove that there's a band beyond TV appearances.

The four alternative rockers from Denver expect to

hit the same heights with a new self-titled release that they did with their 2005 debut How To Save A Life. Consider it a more amplified version of what had The Fray topping the charts the first time around: Producers Aaron Johnson and

Mike Flynn have returned to produce a work where catchy pop hooks and frontman Isaac Slade's personal lyrics will attempt to win over audiences in dramatic fashion. "We're not fetal anymore. Our balls have dropped," quips drummer Ben Wysocki.

Slade adds, "It's a funny thing to associate 'extreme' with The Fray. But in our range, we've pushed to the limit the kind of stuff that we've done in the past."

It's a tricky situation for The Fray. The band is undeniably successful in its own right. Over My Head (Cable Car), their first single about Slade's falling out with brother and ex-member Caleb (Isaac notes he's reconciled with Caleb after he departed from the band.), hit various worldwide top 40 charts.

But the global acclaim, award nominations (including a Grammy) and commercial success also owes much to major television and film exposure.



The Fray's self-titled new album is available in stores and online.

Second single How To Save A Life entered the charts in April 2006. That August, ABC used the song to promote Grey's Anatomy following its appearance on a March episode of the medical drama (with subsequent appearances on Scrubs and One Tree Hill). The exposure brought global domination. Digital sales of both singles numbered the millions, top chart spots became ubiquitous and the album consequently went double platinum. Fans of Grey's became fans of The Fray's.

"I don't think any band needs TV, but it has been very integral to The Fray's success in the past couple of years," Wysocki says of fame-via-television. "The

medium acts as a conduit to exposing yourself to young audiences, especially now, when you can buy TV episodes online and carry them around in your pocket."

Therein lies The Fray's dilemma: How do you continue your success without falling prey to notoriety chiefly as a television soundtrack band? They're willing to take the gamble, with first single You Found Me backing current promos of Lost.

"We've kind of looked at it as the icing on the cake," Wysocki says. "But there is that danger of having the audience associate you and what you do to the show when you have your own thing going on."

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And the nominees are...

Nominations for the 2009 Juno Awards will be announced live on CTV today beginning at 10:30 a.m. EST. Juno host and Gemini Award-winner Russell Peters will oversee the announcements. **METRO NEWS SERVICES**



The new money-makers

IntelVision



HARD TIMES: When it became apparent, sometime last fall, that we were headed for an extended spell of economic harrowing, the conventional wisdom was that, whatever happened to banks, auto manufacturers, airlines and luxury goods retailers, the entertainment industry would weather the storm.

The basic logic was minted during the Depression, when radio was king and movie theatres were filled every day with people looking to escape the grim world outside with bubbly musicals and screwball comedies set in high society at the top of double bills filled out with cartoons, newsreels and short subjects.

If anyone noticed that

the world had changed a bit since the Roosevelt presidency, they didn't bother saying anything. (And frankly, given the straining comparisons being made between the nascent Obama presidency and FDR, this cognitive fog is starting to look more willful than naïve.)

The "recession-proof" entertainment industry was debunked a bit by a Hollywood Reporter story this weekend that complicated the picture a bit.

Some entertainment businesses are doing well — Netflix, for instance, with its move into video on demand subscriptions, and Amazon, thanks to a good holiday season. GameStop, a videogame retailer, has been doing booming business in used games, while Imax has predicted a profit that has

Consumers are apparently hunkering down with entertainment options that either cut out costs built into manufacturing and shipping, or offer deep discounts, trends that are expected to continue. "It is possible that the recession could be accelerating the shift to digital," an analyst from Barclay's Capital told the Reporter.

done wonders for its stock, thanks to a switch from film to digital, the Imax version of summer blockbuster The Dark Knight, and a revamped business model that shares costs with its joint venture partners.

On top of it all, it finally looks like TiVo — the proper noun, not the verb — is about to turn a profit.

Consumers are apparently hunkering down with entertainment options that either cut out costs built into manufacturing and shipping, or offer deep discounts, trends that are expected to continue.

"It is possible that the recession could be accelerat-

ing the shift to digital," an analyst from Barclay's Capital told the Reporter.

It's the people actually making the product — movie studios and record companies and media conglomerates heavily invested in expensive ventures like TV networks with their large capital footprints — who are suffering, it seems, an irony impossible back in the '30s, when the same people owned the content producers and the distribution systems.

The biggest change is that audiences are now averse to being in one place at one time to enjoy one thing, and the people making money are the ones letting them do that for the lowest price.

Rick McGinnis writes about music, movies, books and television, but not opera.

Who wants to marry a stranger?

REALITY TV CBS is treading into potentially controversial reality TV territory again.

The network has ordered a new series from the producers of Top Chef that puts lovelorn singles into arranged marriages.

The show introduces four adults in the 25-45 age range who are eager to get married but have been unsuccessful in their search for a mate. Their friends and family select a spouse for them, and the newly paired couple exchange marital vows.

The rest of the details for the project, whose early working title is Arranged Marriage, are being kept under wraps. It will inevitably draw comparisons to another marriage reality show, Fox's infamous Married by America.

REUTERS

GlobalStyle



See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/3/09	267	351	- ACCESS	Truth, Duty, Valour	(8:01) Without a Trace		Cold Case		Law & Order		Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	Law & Order: SVU	American Idol (HDTV) (N)		(10:01) Fringe (N)		News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News	The Simpsons	King		Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	Homeland Security USA	Scrubs	Scrubs		Primetime: You
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (HDTV) (N)	CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)	NCIS "Agent Afloat"	Project Runway Canada	Scrubs	Scrubs	News Hour
	246	-	8 CKAL	Law & Order: SVU	Primetime: What Would	Privileged (HDTV) (N)	Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		Your City
	119	705	9 CBXFT	Virginie (SC)	La Factice	Providence (HDTV) (SC)					TJ Alberta
	-	-	10 SHAW	(6) Local Programming							
	-	372	12 KREM	News (N)	Hollywood	The Doctors	NCIS "Agent Afloat"	The Mentalist (HDTV)			Without Trace
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer	Nova (HDTV) (N) (DVS)	Wild!		Frontline (N) (DVS)			Independent
	502	390	15 CBC	CBC News: The National	Mad Cow, Sacred Cow	CBC News: The National	CBC News: The National	CBC News: The National			Mad Cow
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)			Law/Ord SVU
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	American Idol (HDTV) (N)	(10:01) Fringe (N)			News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)	PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
	500	500	29 CNN	Larry King Live	Anderson Cooper 360 (HDTV)			Larry King Live			Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace		Showbiz Tonight	Lou Dobbs Tonight			Nancy Grace
	400	400	21 TSN	Basketball	SportsCentre	That's Hockey!	SportsCentre	In This Corner	Boxing Friday Night Fights. (HDTV)		
	408	418	27 net	(6:30) NHL Hockey Calgary Flames at Dallas Stars. (Live)			Sportsnet Con.	Flames Week	Sportsnet Connected		Best-Sports
	410	403	30 SCORE	(5:30) Court Surfing	Score Tonight		Hardcore Hockey Talk		World Poker Crown		Final Score
sports	411	457	44 OLN	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Hot Import	NASCAR Pre.	Pass Time	Low Life	Low Life	Super Bikes!
	552	543	20 YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Robot Chicken
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Ruby	Kimora: Fab	The Biggest Loser (N)			News (N)
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Extreme Celebrity Rehab (N)	Style by Jury	Style by Jury	Good Naked
family	521	560	24 TLC	17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		Jon & Kate	Jon & Kate	17 Kids-Count	Toddler-Tiara
	603	561	25 FOOD	The F Word		Good Eats	Good Eats	Iron Chef America	Challenge		The F Word
	615	520	26 A&E	The First 48 (HDTV)		Manhunters	Manhunters	The Beast "Nadia"	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Life Swap	The Outer Limits		Mutant X		Testes	Trailer Park	The L Word (N)
	601	562	33 SLICE	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade	Trading Sp
	-	633	34 ENC2	(7:05) Mean Streets *** (1973, Drama)	Robert De Niro.		The Deer Hunter **** (1978, War)	Robert De Niro, Christopher Walken.			
	520	505	35 DISC	Destroyed	Time Warp (N)	Toughest Race: Iditarod	Daily Planet	Destroyed	Time Warp		Race: Iditarod
	620	523	36 BRAVO	Straight Shooter: The Mamas & the	Papas	Bravonews	Law & Order "Prejudice"	Without a Trace			Luna Papa
	294	650	40 WPCH	(6) Next of Kin (1989)		Steve Harvey	Seinfeld	Family Guy	Family Guy	Next of Kin ** (1989, Crime Drama)	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas			S. Silverman
cable variety	-	539	42 TCM	(6) The More the Merrier	My Sister Eileen *** (1942, Comedy), Brian Aherne						The Goodbye Girl *** (1977)
	628	584	43 SPIKE	Real Vice	Real Vice	Real Vice	Real Vice	Disorderly Conduct: Video	CSI: NY "Cold Reveal"		Disorderly
	522	516	45 HIST	Ultimate Engineering		NCIS "Grace Period"		Ultimate Engineering	Ax Men		NCIS
	627	528	46 SPACE	Star Trek: Voyager		Destination Truth (N)		Stargate SG-1	Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) Thelma & Louise *** (1991, Drama), Harvey Keitel				Clear and Present Danger *** (1994, Suspense) Harrison Ford.			
	619	525	49 TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	Pure Design
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News
	526	507	92 VIVA	Missing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy	Missing
269	350	93 APTN	Wings-Canada	Great Towns		Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Cautious: Nuts	Rabbit Fall
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Il Caffe		In Germany	Euromaxx
	571	581	100 MMM	Gene Simmons Family Jewels		Celebrity Wrestling		Revival		Party of Five "Get Back"	Celeb Wrestle
	570	580	101 MM	disBand	Technical Diff.	Degrassi: TNG	Instant Star	The Shift		Pimp My Ride	Pimp My Ride
	581	566	102 MTV	A Double Shot at Love Special		A Double Shot at Love		Double Shot	MTV Live	A Double Shot at Love Special	Double Shot

critics'corner

The L Word

Should old acquaintances be forgot? Depends on whom you ask — and who they are. In this new episode, Bette and Tina's future is threatened by the return of someone they used to know, while Helena's life is turned upside down when a former flame turns up. Tasha and Alice seek professional help in "Least Likely." 11 PM on SHOW



Without a Trace

Who snatches adults in broad daylight? The Missing Persons Squad is surprised to learn the answer in this new episode. As Jack and his team dig into the disappearance of two women from a suburban neighborhood, they're shocked to discover who the purported perpetrator is in "Friends and Neighbors." 8:01 PM on ACCESS; 11:01 PM on KREM

NCIS

When a lieutenant on Tony's ship jumps overboard, Ziva and McGee have the sad task of telling his wife. But when they arrive at her home, they find her dead. And it turns out the lieutenant didn't kill himself by jumping overboard after all in "Agent Afloat." 9 PM on CICT. KREM



Though her Harry Potter co-star Daniel Radcliffe has bared all for work, Emma Watson is content to remain clean-cut. "I have no plans to do anything for the sake of it, or to shock people," she told the Mail on Sunday's Live magazine. **PEOPLE.COM**

Celebrity Buzz

Simon says he's not gay — just busy

RUMOURS Simon Cowell is not gay, according to femalefirst.co.uk. The music mogul, who recently split from long-term girlfriend Terri Seymour, has laughed off rumours about his sexuality, saying he's single because he keeps "crazy hours."

"I am not gay. But in this business, if you were it wouldn't matter. It is not exactly unusual to be gay in the music business or the TV business," he says. "It is 2009, after all. So if you are, you are and if you are not, you are not."

But despite his insistence that he's straight, Cowell says he's "unlikely" to settle down. He said: "I don't think marriage would suit me or the person I would marry. I am happy single."

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Amy's parents get a say in her fortune

MONEY Amy Winehouse has turned over partial control of her \$21 million US fortune to her parents. The troubled singer, who is still hiding out in St. Lucia, is looking to curb her wild spending as much as her wild ways, according to the Sunday Mirror.

"Everyone is pleased because it means Amy is listening to good advice," a source tells the newspaper. "This stops her doing anything stupid."

METRO
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Teri didn't want to be a 'crazy single cat lady'

PETS Actress Teri Hatcher sleeps in the same bed as her dog, femalefirst.co.uk reports. The Desperate Housewives star recently gave an unwanted dog a new home, but admits his habits are hampering her sleep a little.

Hatcher explained: "I got a new dog. I got an American bulldog named Jack I rescued. He's not a big shedder, but he does snore. I have to wear earplugs when he sleeps with me."

The actress, 44, whose daughter is 11-year-old Emerson Rose, already has two dogs, three cats, a rabbit, two birds and a horse at her house, and revealed she decided to get a new dog

rather than a cat so she didn't look "crazy."

She added to TV show Access Hollywood: "It was so funny. My daughter wanted me to get another cat. I said, 'Honey, we can't have four cats, then I'm like the crazy single lady with all the cats.'

And she goes, 'No, mom, that's five. Five is when you become the crazy single cat lady.'"

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Madonna and Guy meet up in NYC

FAMILY MATTERS Madonna and Guy Ritchie have spent the weekend together in New York, femalefirst.co.uk reports. Ritchie met his ex-wife Madonna at the New York Kabbalah centre just a few days after the singer won custody of their children.

An onlooker said: "Guy was smiling and in good spirits. He still spends time with Madonna as a family." This was reportedly the second weekend in a row the estranged couple have met at the Kabbalah centre with their children: Rocco, eight, adopted son David, three, and Madonna's daughter Lourdes, 12.

Guy's father, John Ritchie, has recently said the couple is maintaining an ami-

cable relationship because of their children, but he is delighted Madonna is distracting herself with "lots of boyfriends."

The protective father, 79, said: "The worst thing would be if they rec-

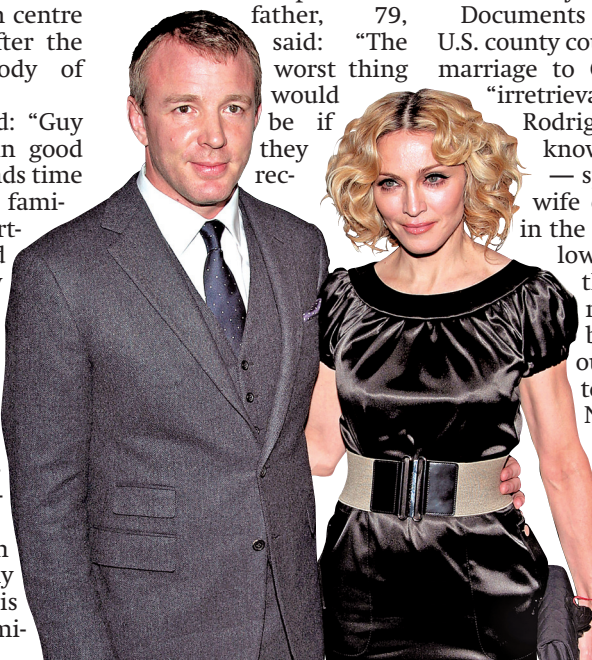
onciled."

Meanwhile, the marriage of one Madonna's reported love interests, baseball star Alex Rodriguez, has officially ended.

Documents issued at a U.S. county court stated his marriage to Cynthia was "irretrievably broken."

Rodriguez — known as A-Rod — split from his wife of five years in the summer, following reports the sportsman had been dashing out for visits to Madonna's New York apartment.

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Brawl brought family closer, says Nikki

DUST-UPS Six months after Nikki Blonsky and her family were involved in a highly publicized airport brawl with America's Next Top Model contestant Bianca Golden, the Hairspray actress says she and her family have emerged closer than ever, people.com reports.

"We are a very strong family, we love each other and nothing will ever tear us down," Blonsky told the magazine Saturday at the Silver Living Society Winter

Gala in N.Y.C. to benefit The Hope & Heroes Children's Cancer Fund.

"I don't even need to defend myself. It's pretty obvious that it was just a big scam."

Blonsky, 20, and Golden, 20, were cleared of all charges stemming from the July 30, 2008 incident, but Blonsky's father, Carl Golden, still faces charges in Turks and Caicos, where the incident took place. "He's a strong man. He is my hero because he

showed me that no matter what happens in life you can make it through," Blonsky says of her father.

But Blonsky, who recently guest starred on Ugly Betty and wrapped the film Waiting for Forever with Rachel Bilson and Blythe Danner, says the

incident has taught her a lesson: Be more cautious.

She says: "I never expected that somebody would try to use my fame to get themselves fame."

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Tori's all baby talk

PARENTING Tori Spelling may have had everyone abuzz about her post-baby figure at the Byron Tracey Salon opening on Jan. 29, but the mother of two was all baby talk, intouchweekly.com reports.

"Today she said 'Mama' for the first time," Spelling told In Touch, referring to eight-month-old daughter Stella. "We were in the living room and I heard, 'Mama,' and I was like, 'Oh my God! My heart melted.'"

The 35-year-old actress is also back to work on the set of 90210. "It's been really fun," Spelling said. "I was really nervous the first day, but halfway through I was

like, 'Wow, this feels... comfortable.'" But she admits there's been one hiccup. "I was the youngest in the cast and now I'm one of the oldest," she explained. "Jennie (Garth) told me not to say 'older.' We're supposed to say, 'One of the originals.'"

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Britney may cancel tour

CUSTODY Looks like Britney Spears may not be out on the road this summer after all. The singer is reportedly considering cancelling her tour if ex-husband Kevin Federline won't let her take her kids with her, according to TMZ.

Federline, Spears and her dad apparently worked out a deal whereby her boys would stay in Los Angeles, New Jersey or New Orleans while their mom toured nearby. And Federline was reportedly promised \$4,000

US a week for allowing it, but now his lawyers are telling him it's a bad idea. If he backs out and keeps the kids at home, it's likely Spears won't want to go on the road at all, according to the source.

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Men's nipples puzzle Scarlett

BIOLOGY Scarlett Johansson is fascinated by men's nipples, femalefirst.co.uk reports. The He's Just Not That Into You actress can't understand why boys still have them, adding the concept of male nipples completely baffles her.

She is quoted by the Chicago Sun Times newspaper as saying: "The one thing I don't understand about men is nipples. I don't know if there is one aspect of men that I don't understand other than why they have nipples."

"Honestly, why? I guess it

has something to do with the X chromosome.

"What is the function of the male nipple? Maybe we all start as androgynous creatures and then they become men?"

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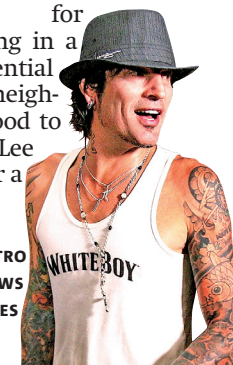


Tommy's pilot lands in trouble

BAD BEHAVIOUR Mötley Crüe drummer Tommy Lee got pulled over by the LAPD — while in a helicopter. Cops noticed Lee's vehicle flying erratically when it had a near-miss with a police chopper over Glendale, Calif., according to the National Enquirer. Lee was only in the co-pilot seat, but his pilot, David Martz, was reportedly found sharing a celebratory drink at a nearby bar after landing. And according to TMZ, this isn't

the first time Martz has gotten into trouble flying Lee around. He was cited in 2006 for landing in a residential L.A. neighborhood to pick Lee up for a concert.

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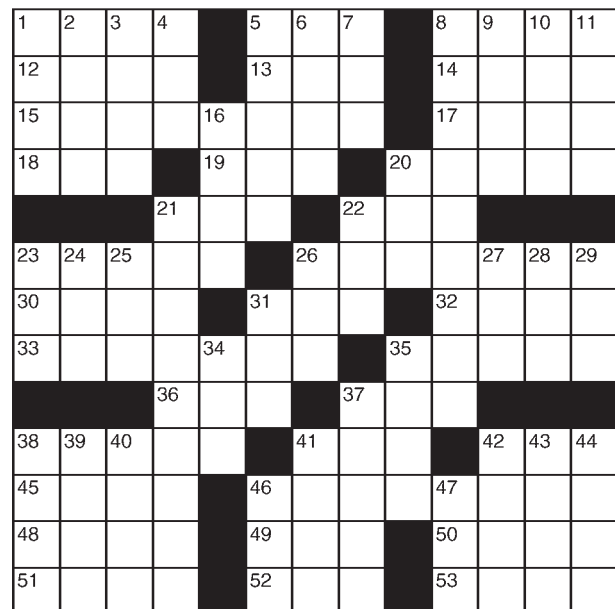


Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 AM

Take Five



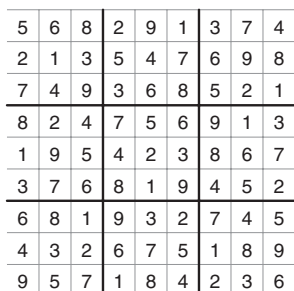
Crossword across

- | | | |
|-----------------|--------------------|--------------------|
| 1 Therefore | transport | 45 Grooving on |
| 5 Hot tub | 23 Muscle | 46 Became estab- |
| 8 Datum | 26 No purebred | lished |
| 12 Honeycomb | 30 German car | 48 List-ending |
| 13 Coop dweller | 31 Talk and talk | abbr. |
| 14 Wind | 32 Mine, partially | 49 So five minutes |
| instrument | 33 Filled the | ago |
| 15 Common win- | shelves | 50 Basilica area |
| tertime ailment | 35 Run, as colors | 51 — & Taylor |
| 17 —-podrida | 36 Slippery fish | 52 Distort |
| 18 Peculiar | 37 Evil | 53 Earl Grey's |
| 19 LummoX | 38 Partonesque | family? |
| 20 Glisten | 41 Supporting | |
| 21 — for tat | 42 Mainlander's | |
| 22 Schoolkids' | souvenir | |

Crossword down

- | | | |
|--------------------|--------------------|------------------|
| 1 Repeat perform- | 23 — -relief | 40 Celeb |
| ance? | 24 Same old same- | 41 Bridge table |
| 2 14-Across insert | old | quorum |
| 3 Satisfied | 25 Bustle | 42 Easy bounding |
| 4 Antiquated | 26 Frenzied | gait |
| 5 Young hog | 27 Wish otherwise | 43 "Born Free" |
| 6 Riches | 28 Prior to | lioness |
| 7 Moreover | 29 '60s psychedel- | 44 Mid-month |
| 8 Iron pyrite | ic | date |
| 9 Competent | 31 Toothpaste, | 46 AAA job |
| 10 Pop flavour | often | 47 Chapeau |
| 11 Squad | 34 Crucial | |
| 16 Neologize | 35 Fir coat | |
| 20 Holster | 37 Swag | |
| contents | 38 Actress Jessica | |
| 21 Trite | 39 "Do — others | |
| 22 Short cut? | ..." | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Spiced Lamb with Couscous

INGREDIENTS:

- 2 tsp (10 ml) olive oil
- 250 g lean boneless lamb, cubed
- 2 tsp (10 ml) ground coriander
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) ground ginger
- 1 1/3 cup (200 ml) vegetable juice
- 1/2 cup (125 ml) vegetable stock
- 1 tbsp (15 ml) tomato paste
- 1 butternut squash, peeled, seeded and cut into cubes
- 3 zucchini, halved lengthwise and thickly sliced
- 1 cup (250 ml) couscous

METHOD

- Heat oil in large saucepan or flameproof casserole dish. Add lamb and cook over moderate heat 5 minutes, or until lamb is richly browned. Sprinkle spices into pan

- and cook for 1 minute, stirring constantly.
- Stir in vegetable juice, stock and tomato paste and boil. Reduce heat to simmer, cover and cook 30 minutes.
- Stir in butternut squash and cook 5 minutes, then add zucchini. Cover and cook gently 25 minutes, or until lamb and vegetables are tender.
- About 15 minutes before lamb is ready, prepare couscous. Cook following package instructions, then fluff with a fork.
- Divide couscous among serving bowls and spoon lamb stew over top. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your principled actions determine the outcome. A shameless schemer tells secrets. An unusual social situation causes you to feel anxious.



TAURUS
APRIL 21-MAY 21
Don't get involved in stranger's situation that will work itself out. A rescuer steps in with advice about several choices.



GEMINI
MAY 22-JUNE 21
Don't flame anybody just because they have bad taste. Frequent disruptions will be to your benefit.



CANCER
JUNE 22-JULY 22
Someone gets bent out of shape over a love life fiasco. Be considerate of those who can't fulfil their obligations.



LEO
JULY 23-AUG 23
Give direction when a friend gets lost in maze of emotions. Someone will drive you crazy in a very nice way.



VIRGO
AUG 24-SEPT 22
Don't try to convert someone to your way of thinking. There's not much time left to tend to unfinished business.



LIBRA
SEPT 23-OCT 23
One of your allies must now move on to a better life. The least said about a tense clash, the better.



SCORPIO
OCT 24-NOV 22
A character flaw in someone you know will be made visible. Be alert and aware of your surroundings at all times.



SAGITTARIUS
NOV 23-DEC 21
A nerve wracking nemesis forces you into making a new plan. Stubbornness causes criticism to arise.



CAPRICORN
DEC 22-JAN 20
Be bland when you're confronted by a stranger. Increase your bliss without spending money.



AQUARIUS
JAN 21-FEB 18
A friend's major move will alter your relationship. Desperate measures are taken when a love affair is discovered.



PISCES
FEB 19-MARCH 20
Allow love to break through to you. You'll refuse to be unnerved by a strange event.



WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Everyone writes fast and illegibly (1)
- Outscore Miami's NBA team (1)
- Dirt-free headmaster (1)
- Mallard-filled Mack vehicle (1)
- Lessening the amount of "Ah-choo!"-ing (2)
- In-shape-ness observer (2)
- 4, 5, or 6 golf club on a football field (3)

ANSWERS: 1. LAL SCRAWL 2. BEAT HEAT 3. CLEAN DEAN 4. DUCK TRUCK 5. EASING SNEEZING 6. GRIDIRON 7. GRIDIRON MIDDY 8. 2-3-6-9



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Ben Affleck Jennifer Aniston Drew Barrymore Jennifer Connelly Kevin Connolly Bradley Cooper Ginnifer Goodwin Scarlett Johansson Justin Long

he's just *not* that into you

In Theatres February 6



Go to **metronews.ca** and take Metro's Sex & Relationship columnist Josey Vogels' quiz to find out which *he's just not that into you* character you are most like and you could **WIN!**

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 10, 2009. Approximate retail value of prize is \$599 each. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

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